

An Inaugural Dissertation

on

Dyspepsia

by

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of

Virginia.

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Dyspepsia.

The stomach, being one of the most important, of the Chylific Viscera and upon the Health, of which, that of the whole System so immediately depends; that its Disease should claim our first and greatest attention. It is sometimes sympathetically affected, but it has the power of sympathising, with all the other Viscera; but most generally, the Disease called Dyspepsia, is a primary affection of this Organ; and is defined by Dr. Cullen a loss of Appetite, sometimes a Nausea and Vomiting, sudden and transient distentions of the Stomach, eructations, which are generally acid; a heat and burning pain in the Epigastric Region and a bound Belly; frequently a depraved appetite, for rancid, Scurvy, Fiee Exalts, or putrid Aliments.

All these symptoms, do not universally appear, in every case, but at times are all concomitant.

October

The weather was very fine
and the wind was light and
pleasant. I went out for a
walk in the park and saw
many beautiful flowers.
The children were very
happy and played for
hours. I saw many
beautiful birds and
heard many sweet
songs. The children
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The causes of this Disease, as they present themselves to us, naturally divide into, two Classes; such as act directly and such as act indirectly on this Viscus.

By the former, I mean such as act immediately, on the Stomach, or Alimentary Canal and by the latter, such as act, through the Medium of the whole System or any part of it; on the Stomach.

Among the former, are, the habitual use of strong Tea or Coffee; with little Cream or Sugar; partaking of many Dishes, whereby the Stomach, is allured, to receive, more than it is capable, of Digesting. The too free use of Condiments, as Mustard, Pepper, Vinegar &c. the latter, of which, of late Years, has proved, the Bane of many Female Constitutions; from the false idea, of becoming Delicate; by its use. The frequent use of Acid, or Acersant Aliment and such as run quickly into, the Acetous fermentation. The intemperate use of, ardent Spirits, Opium,

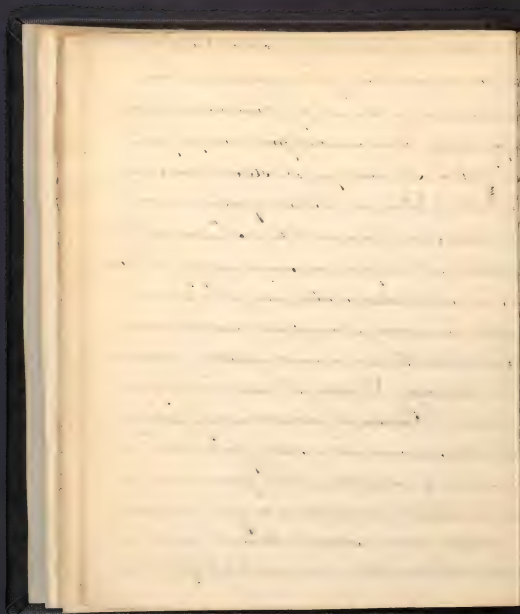
Tobacco and other Stimulating Narcotics. The too long continuation of, Nitrate of Potash as a Medicine and the too frequent employment of Emetics. Over Distention of the Stomach, with Fluids or Aliments, particularly; the frequent repletion of the Stomach in the morning, with cold water. Bad Teeth or the swallowing of Food, not sufficiently masticated. The latter causes are Indolence, Vexation of Mind, Grief and Distress, Intense application of mind to business, without sufficient exercise. Excess in Eating, Drinking and Venery. Exposure to a cold and damp Atmosphere. Scantiness of food, partial Abstinence, Pregnancy, Sailing, Obstructions of neighbouring Viscera, particularly, the Liver; and sometimes, offensive sights and Odours.

The predisposing cause of this Disease, is Debility in whatever manner, it may, be induced. The proximate cause, is, morbid action, in the

Muscular Fibers of the Stomach. All the Symptoms before enumerated, as, Cardialgia, Gastric Denia &c are the effects, of morbid action, in the muscular coat, of the Stomach.

It is plain, from what has been already said, that there are, three indications, to be attended to, in the attempt, of its cure. First, to avoid or remove the remote causes, which, have been before said to induce Debility, or its predisposing cause. To accomplish this first and all important end, it behoves the Patient, to commit himself entirely to the Charge of his Physician, who, should urge the necessity of his renouncing, all preistine pursuits and habits, which, may have tended to lay the foundation of his Disorder: as by their continuation, every object or attempt towards a cure must necessarily, prove abortive. Therefore, if he, may have lead an indolent life, absorbed in all the

Debaucheries and amusements of a crowded City; He
should relinquish them, for the enjoyments and more
valuable air, of a Country life: He should retrace the foot-
steps, whereto he has wandered, from the simple path
of Nature. He should, pay the strictest observance,
to Dress, Diet and the hour of rising and going
to Bed. His Dress, should be accommodated to the
weather; his Diet, plain and simple and of few Dish-
-es; and should always retire early and rise at a
stated hour, every Morning: use moderate exercise
Eat frequently: but in small quantities, of Nutritious
food and easy of Digestion. He should, always prefer,
Biscuit or Crackers; to fermented or loaf bread; for
the latter, soon runs into a state of fermentation and
is so easy of deglutition; that a person is more apt
to be deceived and eat too much of it. whereas the
Crackers, demand a much Saliva to moisten and
lubricate them; that we are much less apt, to eat

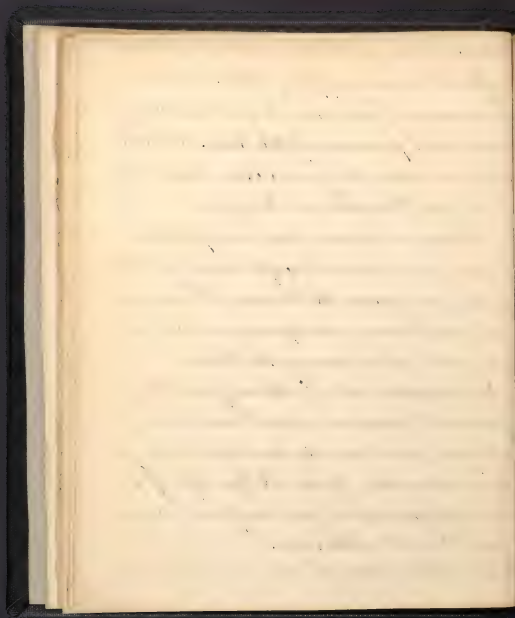


to excess of them, for the Glands themselves, will cease,
to afford the necessary supply of Saliva. He should
occasionally, eat of, good Ham, Beef, Mutton, Fowl,
various kinds; particularly of, Wild Fowl. Fish, both
fresh and scaled, of the common. Oysters, Solsters &c
& the latter; Perch, Trout and Carp &c.

The second Indication of cure, is, only palliative,
whenever it only obviates the symptoms, which, tend to
prolong, or aggravate; the Disease. The remedies
are various and numerous, depending in a great mea-
sure, on the Idiosyncrasy; of the Patient.

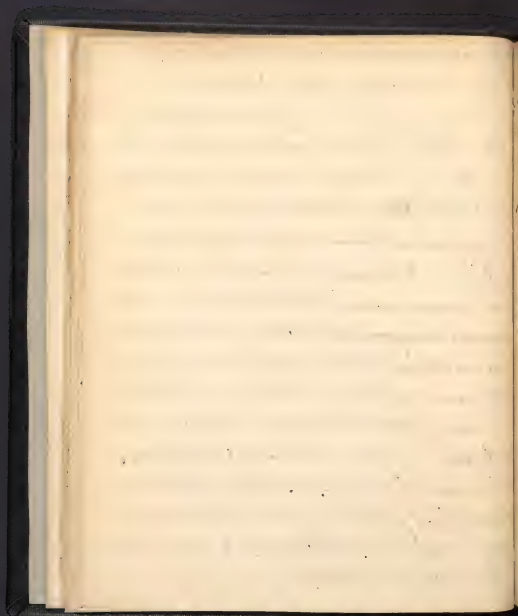
I am acquainted with a Gentleman, frequently af-
fected with Castoridinia, which, I have said is a
Symptom, which, can only be relieved by the fol-
lowing, Stimulating Bolus. R Gum Opii. gr i.
Gum Asafetida gr v Gum. Camphora gr v formed
into a Pill, with, a little Soap.

Dr. White, mentions the case of a Lady, who,



could only accomodate, or digest her Dinner, by pre-
ceding it with, Thirty Drops, of Sassafras.

The remedies more generally employed, are Magnesia
Alba. Chalk or Lime water; to neutralize or ob-
tund the acid, with which, it sweets in the Stomach:
also Volatile Alkali, which, likewise acts, by its stim-
ulating power: so likewise does, Opium or a few grains
of pepper. A Tea spoon full of Mineral of Soda, or
Lime juice, or unskinned Milk; here the acid, is de-
stroyed, by decomposing the Milk; separating it into
Curd and Whey. The Carbonate of Soda, in Doses of
v^{gr} several times a Day. Some one of these Remedies,
will always prove serviceable, in alleviating the
distressing Symptoms, which, sometimes supervene.
But unfortunately, as soon as the Patient is re-
lieved, of his present Symptoms; he, considers him-
self cured and is unwilling, as he says, to under-
go a course of Medicine.

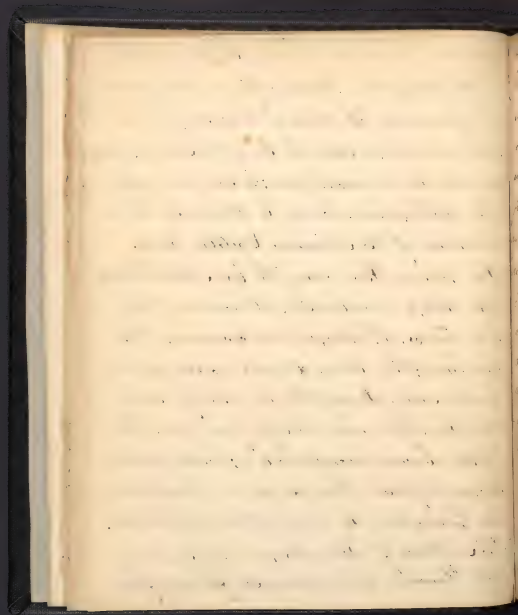


The third and last object of the Physician, should be,
to effect a radical cure, which, he should attempt, up-
on the same principles; that he would attack any
other Disease; that is, he should be regulated in his
prescriptions; by the state of the System and the Symp-
toms, of the Disease. If the Pulse, be full and
tense; Blood letting should be procured and if the
Pulse be not reduced, it should be used, again and
again. However, there is generally but little Curious and
the Saunctor, is, but seldom resorted to; as it may, be eas-
ily reduced by an Emetic; which, likewise throws up
the Ingesta, from the Stomach, or Duodenum: for
this purpose, I would advise, Ipecacuanha, or Sulphate
of Zinc; as they possess, with their Emetic quality, some-
thing, of a Tonic virtue: consequently, do not debil-
itate the System, so much as the Tartar. Antimonii;
Kermes mineral &c. It is sometimes necessary to re-
peat them, several times, at others; one or two will



be sufficient; however, this can only be done on, by
the Tonicity of the Patient. After you have reduced,
the inflammatory Diathesis of the System; you then
should endeavour, to restore the tone of the Stomach, which,
can only be, permanently done; by strengthening the
whole System; which, and may be obtained, by the ad-
ministration of the Mineral or Vegetable Tonics.

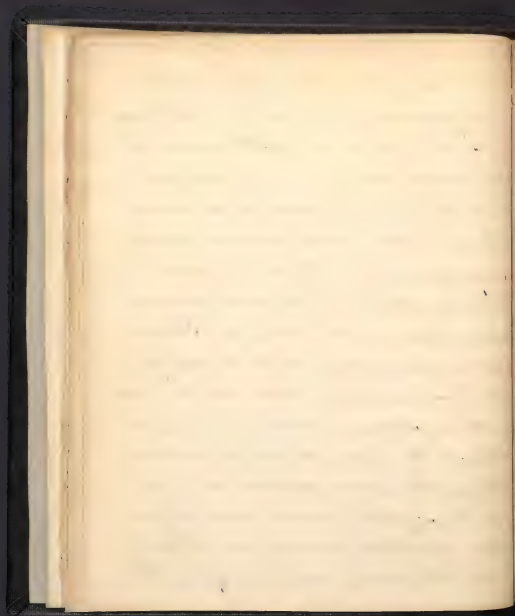
The Rubigo Ferri, is one of the best Metallic Tonics;
either alone, or in combination, with some one of the
bitter Tonics: If alone, you may commence, with
five Grains; three times a day and increase gradual-
ly unto Sixty. It may then be omitted, for some
other Tonic: for a short while, for some habit, the
System becomes accustomed to it; whereby, its vir-
tues, are impaired. When you give it in combination,
five Grains, may be mixed, with ten, of Columbo.
The Sulfate of Zinc, alone, or in combination;
with Quassia, is an admirable formula; from



one genus, the genus, *Stictis* of the latter.

The whole Class of *Bismutha*, has been, highly celebrated; in *Liver*, from one, to, two, *grains*. At the *vegetable* *Tonic*; wrote no doubt, be serviceable in this *Disease*; but, those which are most generally used, are, principally taken; from the list of the *Bitters*; such as, *Gentian*, *Centauria*, *Quassia*, *Columbo*, *Fraxina verticillata*, *Lanthana*, *apia* ²*folia*, and the *Hydrastis Canadensis*.

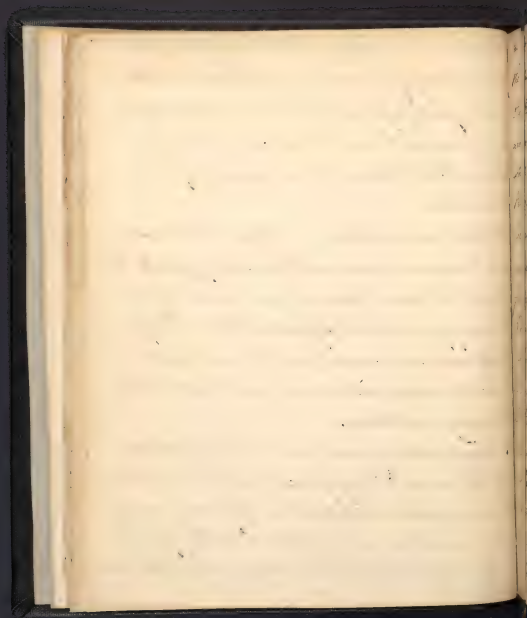
The *Cinchonas*, the *Cornus Florida* and *Ceresia*, are valuable Medicines; in this *Disease*; and *Shelcise*, a watery infusion of them; would be, the better for *mala*. I would recommend, all these articles, to be given; either, in substance, or watery, Infusion; and in rotation: for, the System soon becomes accustomed to them; so that, a large accustomed dose, of one, might be supplied, by a smaller dose of a different article. We should be particularly careful, to avoid *stimulating* *Tinctures*, or infusions, for; no benefit, in this



Disease; is to be reaped from Sources, unless, long con-
tinued: whereby, if we use them; the Patient contracts,
so great a fondness for Spirit, that he is unable, to lay it
aside; consequently, we entail on him, a more burdensome
Disease; than that, of which, we have, attempted to
relieve him.

Blisters, have been spoken of, ^{as} ~~being~~ ^{being} ~~in~~ ⁱⁿ this Disease.
Dr. Darwin, recommends them, to be applied; to the
Brow. Dr. Rush, thinks, they would be, more effica-
cious; if, applied to the Epigastric Region: They, pro-
bably would be of service, when the morbid action is
weak; by exciting a stronger action externally, thereby;
producing a Stetastasis.

Mineral waters likewise, have been highly celebrated,
in the cure of Dyspepsia; but, I think, have borne;
a much greater Character, than they really deserve;
from any Medicinal properties, which, they possess;
That a trip to Bath, often proves curative, I have



no doubt: but, this in my opinion, proceeds from
the change of Atmosphere, Company and the exercise,
the Patient is necessarily compelled to take; before he
arrives there: and should he then be in that state,
which, demands Tonics; they may prove useful; from
the small portion of Iron, or other Metal; they may
hold in solution. A much more speedy and certain cure,
may be performed, by the foregoing Treatment and at
far less trouble and expense.

Throughout the whole cure, of this Disease, the
utmost attention should be paid, to the state of the
Bowels; as Costiveness, is always, a concomitant.

The Patient should be directed, at a stated hour, every
Morning, to solicit an evacuation; even should it be
without an inclination; for ten, or fifteen minutes and
this, from its continuation; for three Weeks, or a month;
will become natural, and nature, will continue, to
make the demand. If this should not be successful,



I would advise the patient, to carry the Root, of the
Rheum Palmatum, in his pocket; chewing it frequently
in the course of the Day; so as to procure one evacuation
in the twenty four hours: or he might take, ten Grains
of the powder, made into a Pill, with a little Soap.
Some have advised the Aloetic Pill, but I scarcely
ever think them admissible, for persons of such a habit;
are scarcely ever exempt, from the Piles; which, would
be aggravated by their use.

The appearances after Death, by dessection, in this
Disease; are various; as any part of the Stomach is
liable, to be involved in Disease: however, that end,
uniting it to the Duodenum, is most frequently
found to be, the seat of Disease; and the Pylorus,
is either found contracted, Ulcerated, or Schirrous.

Dr. Wistar, related a case, where, he found two
large hard tumours, situated immediately op-
posite each other, in the Coat of the Stomach:

so as to form a Septum, or as it were, two Stomachs,
but by pressure, allowing its contents, to pass be-
tween them; on their way, to the Duodenum.

to the same effect as the other two
the former being in English & the latter
in French. The first is the 1st volume

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